



Society says “ADULT”, we say “*they are still our children*” the challenges of letting them go

Exploring the multiple issues and
challenges for transition age youth and
their families

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Objectives

1. What changes should you be prepared for as a typical healthy child ages?
2. What will be different about this process if your child has experienced a mental illness growing up?
3. What resources are available as you begin to plan for these transitions?

What are your expectations?



What “transition” are we talking about?





**Is there a difference in
the amount of control
the parents of these
two boys have?**



**Are you the same
person you were
when your child
was a toddler?**



Some
transitions can
feel like walking
off a cliff . . .



As a parent of a
child with
mental illness
facing transition
into adult
services , it can
feel like you are
throwing your
child off that cliff

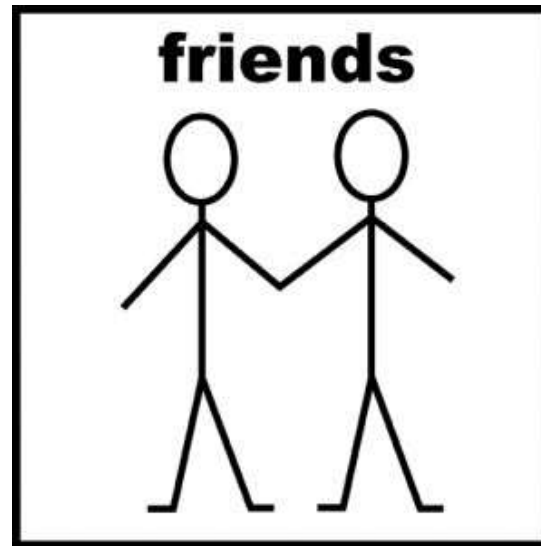


What ages are your kids?

- Younger than 14 years?
- Between 14 and 17?
- Between 18 and 21?
- Between 22 and 26?
- Older than 26?



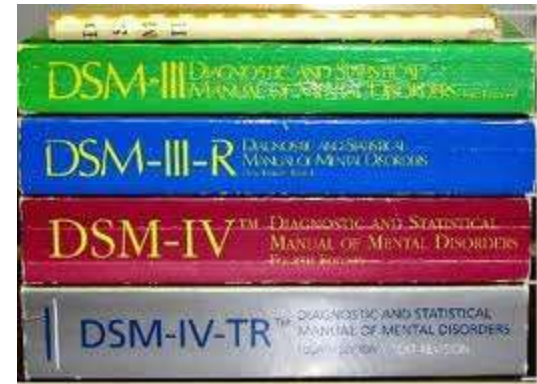
Challenges of Transitions for “typical” Youth



What are some of these challenges
that you have already experienced
with your child?



Additional Challenges facing our children with a brain disorder



- 50% of all mental disorders are present before age 14
- 2.4 million adults ages 18-26 have a serious mental illness
- 9.3 million had moderate or mild mental illness
- Nearly 90% had more than 1 disorder
- 1 in 10 college students have a disability
- Young adults with psychiatric diagnoses are 4 times less likely to be engaged in work or school

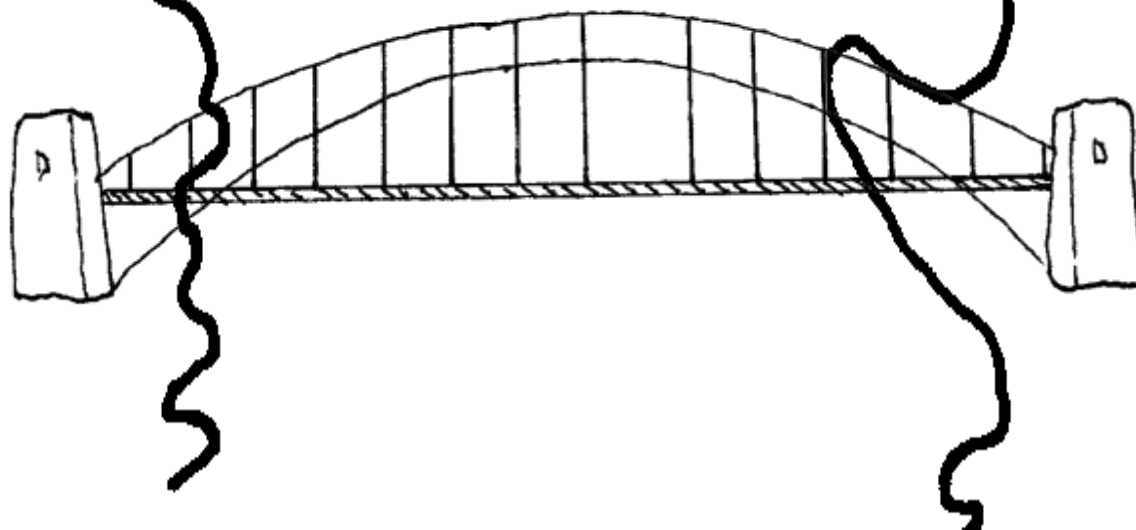
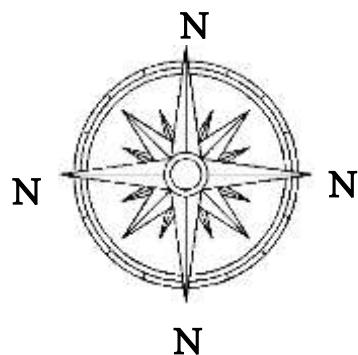
FAMILY LAND

Parent is CEO

Uncharted
waters of transition age
issues

ADULT CHILD LAND

Parent is Partner





What is the most difficult part of
all this for us as parents?



FEAR

Be afraid. Be very afraid.

How do we prepare?



Mental Health Week: 7-13 October 2007

It's about how we treat each other. Take time to connect.

Some of the tools we will be sharing . .

- **Prevention Planning for Transition**
- **Action Plan Timeline and Checklist**
- **Youth self assessment**
- **Family/parent assessment**

What is *Prevention Planning*?

- Why do we need it?
- Who should be involved?
- When should we do it?
- What does this plan look like?

Getting the Youth's perspective

- What are his/her goals and dreams?
- What do they want to do after high school?
- Where do they want to live?
- How do they plan to make these dreams happen?

Getting the parent/family's perspective

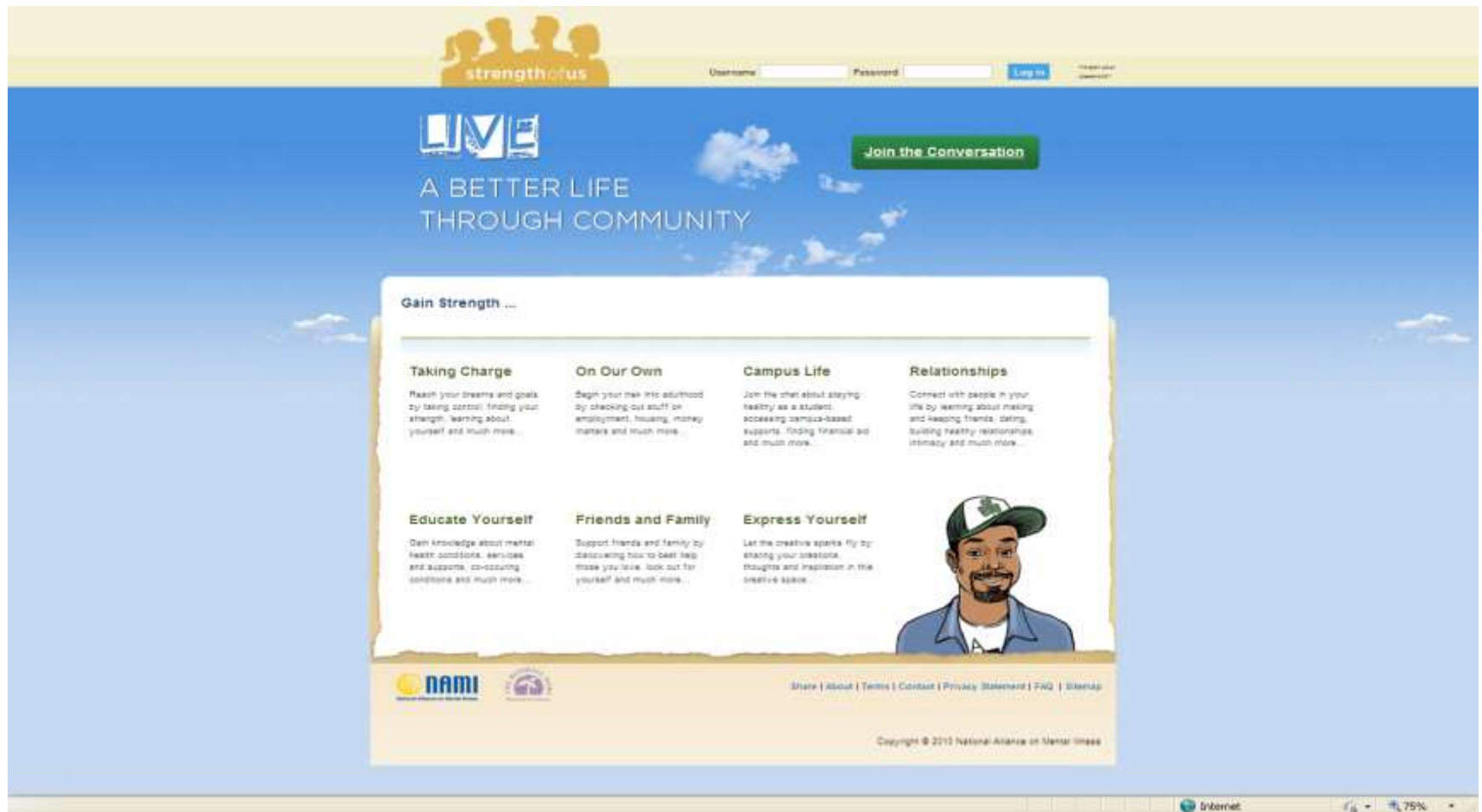
- What are your goals for your child's future?
- Education?
- Employment?
- Housing?
- What is your assessment of his/her ability to reach these goals?

Know where to look for puzzle pieces for your child - -

- Educational resources
- Mental health resources
- Vocational resources
- Benefits experts



Strength of Us



- - and for yourself!

- Better navigation tools
- Support of those who have traveled the same road



It is possible to navigate the cliffs



- Find the natural bridges
- Look for the steps





"We've considered every potential risk except
the risks of avoiding all risks."

**Put the puzzle together and keep
your family as whole as possible**





What is one thing that you have heard today that you plan to follow up on and learn more about?

For more information

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www.nami.org/basics

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